

WARREN SENTINEL



"Jolly Rogers"

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July 15, 2005

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Critical Days of Summer



AIR POWER

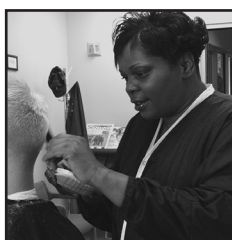
Contractors assemble a wind turbine here July 9. For more pictures of Warren's alternative energy source, turn to page 5.



Photo by Tech. Sgt. Steve Goetsch

**Shave
and a
haircut?**

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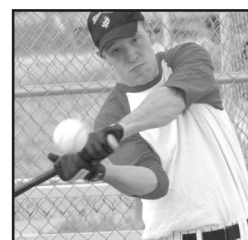
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Commentary

What's in your inbox?

First Lieutenant Nicole Walters
90th Space Wing Public Affairs

I really should be working on my e-mail right now. I've got 70 e-mails in my inbox--that's just today.

I dream of the day I can come to work, sit down with a cup of java and read Aim Points. I get several daily online newspapers, which I never get to read.

I get carbon copied on e-mails about things that don't affect me. I get blind carbon copied on e-mails that I pray will never affect me.

I get mass e-mailed, spammed, messaged, forwarded, reminded and queried on both my work e-mail address, the public affairs e-mail address, the commander's action line e-mail address and my personal e-mail.

I get webisodes, which are 30-second "comical" video clips that sell a product. It's Russian roulette: is it really funny, really stupid or really inappropriate? In the past 2 years, I've only gotten one that really was funny and well done. It involved a bear, a bunny and a car stereo.

By the way, webisodes and chain e-mails are illegal on government computers; you need to tell people to send those items to your private home accounts so they don't clog up government servers.

"Friends" send me Powerpoint presentations telling me life is precious, Jesus loves me and being a woman is special. I don't even open them anymore. Real friends don't forward pre-made presentations and think they are genuine.

Lately I've received a lot of e-mails from Liberia. Quite frankly, I have no clue where Liberia is, but I must be famous there because I get several e-mails

weekly from the president's daughter. I don't want to spread any gossip, but they are having financial issues and have requested I invest in their country.

If I were to invest, the first thing I'd demand is they change their name from Liberia to something cool like Snickerdoodlia or Margaritaville. People would want to travel there, which would help their economy immensely and they wouldn't need to send e-mails.

Sorting through the junk e-mail takes up valuable time, which could be spent working on the valid e-mails I receive.

Lt. Col. Kathleen Cook, 90th Mission Support Group deputy commander, recently told me something that has stuck in my head. "E-mail has become like Hot Potato," she said. "Some people think its purpose is to forward a tasker onto the next person."

Desperate for advice, I turned to Capt. Matt Guenther, 90th Space Wing executive officer. "I have 20 mailbox folders set up--everything from 'Awards' to 'Need to schedule' to 'Promotions'."

E-mail, page 3

Man on the street

The Warren Sentinel asked Warren members, "What are your plans for Cheyenne Frontier Days?"



"My office will be involved in the Challenge Rodeo, which is for mentally and physically disabled children."

Master Sgt. Regina Campbell, Medical Operations Squadron



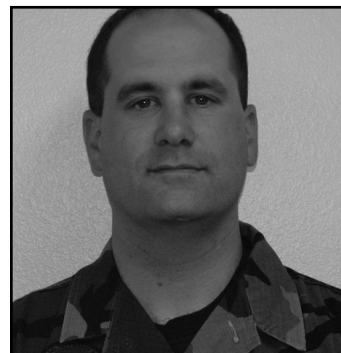
"The booster club will be manning a concession stand every day of the rodeo. Personally, I plan to stock up on groceries early so I won't get caught in traffic later."

Capt. Chris Archer, 90th Medical Operation Squadron



"I'm going golfing, because that's when the courses will be empty. I plan to see Tesla and Ted Nugent. I'm also getting the house ready, because I've got a ton of people coming out for this."

Tech. Sgt. Erin Brown, 90th Maintenance Group



"I'm taking my son to the rodeo, since he has such an interest in horses."

Tech. Sgt. David Pinelli, 90th Maintenance Group

— Warren — SENTINEL

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E-mail, from page 2

"The system has helped because you never know who may come calling asking for information from a 10-week-old e-mail, and colonels and generals don't like to wait long," said Captain Guenther.

Maybe the answer lies in our core values.

Integrity: I should give people a timely response, so I'm not worrying they think I'm ignoring them. We have out of office response, so why wouldn't I tell someone I

couldn't give them a response in a reasonable time? They have an inbox too--they should understand.

Service before self: I'm not staying until 10 p.m. to clean out e-mails. That's just not feasible. But I can make the promise to stay focused on my goal and not deviate by e-mail chatting. I'll also re-evaluate my folders so I can prioritize emails--and time.

Excellence in all we do: I'm going to attack this like CEOs

tackle inventory accounting issues. I've been using a Last in First Out management system with my inbox. With the LIFO method, e-mails keep getting pushed to the bottom of the inbox. Good if you are selling cars, not with e-mails. I'm going to switch to a combination of first in first out (good news to the people who sent me e-mails a month ago) and specific identification method where I immediately address hot-button issues and

things from my bosses.

Okay, I've got a game plan, advice from a colleague and a mentor and I see the light at the end of the tunnel. Now it's time to get back to the e-mails.

[Editor's note: Lieutenant Walters can be reached at nicole.walters@warren.af.mil. While she may not respond immediately, she promises a prompt response.]

Importance spans Cold War to present OPSEC

Col. A. J. Stewart
*USAFE Assistant Director
of Air and Space Operations*

I arrived at my first operational assignment at Carswell Air Force Base, Texas, almost 23 years ago, just in time for the wing's annual operational readiness inspection. During the Cold War, a Strategic Air Command bomb wing was always a tense place, but a SAC wing during its annual ORI? Let's just say Hollywood made movies about SAC ORIs.

Despite all the preparation for this ORI, there were cracks in the armor. The inspectors, primarily by listening into base telephone conversations, pieced together almost the entire flying schedule for the upcoming exercise, including takeoff and landing times, tail numbers and names of crew members. The inspectors also produced alert force rosters, planned changeovers, exercise targets, air refueling tracks and more. Although no single piece was classified,

each bit presented valuable information about the wing's upcoming activities -- information our adversaries would love to get their hands on -- all from monitoring open sources like the base phone lines, discarded paper copies and overheard conversations.

It was the height of the Cold War; we knew our adversaries monitored our activities and constantly probed us for soft spots and vulnerabilities. Still, during its highest state of readiness, our wing had leaked information like a sieve. The premise of operational security is that the accumulation of one or more elements of sensitive or unclassified information or data could damage national security by revealing classified information. Fortunately, this time it was only an exercise and no one was hurt. Had our exercise been a real conflict, our operations would have been in serious trouble.

As a young second lieutenant, I had it impressed on me that divulging sensitive information can happen

unintentionally, lead to mission failure and endanger our people.

The Cold War is over, but again we find ourselves engaged in a global war

unclassified trash. Over time, seemingly innocent bits of information can come together like pieces of a puzzle to present a clear picture of our intentions.

THE PREMISE OF OPERATIONAL SECURITY IS THAT THE ACCUMULATION OF ONE OR MORE ELEMENTS OF SENSITIVE OR UNCLASSIFIED INFORMATION OR DATA COULD DAMAGE NATIONAL SECURITY BY REVEALING CLASSIFIED INFORMATION.

in which a persistent and deadly enemy constantly probes us for weaknesses and vulnerabilities he can exploit.

Information may be collected by monitoring radio and telephone conversations or by analyzing telephone directories, financial or purchasing documents, position or "job" announcements, travel documents, blueprints or drawings, distribution lists, shipping and receiving documents, even personal information or items found in the

The goal of OPSEC, as a "countermeasures" program, is to deny an adversary those pieces of the information puzzle.

Today's enemies can spend months, even years, observing and collecting information on what we do and how we do it. By gathering bits of information on our intentions, capabilities, operations and activities, our enemies can gain enough insight to endanger our personnel and even our families as we work to accomplish our missions.

Try looking at your habits, practices and schedule through an adversary's eyes. What information could you gather? Do you observe any unusual activities, rehearsals, distinguished visitor visits, schedule changes, special call signs, etc.? Do you discard recall rosters or similar documents without shredding them? Can you pick out bits of information, which, unimportant by themselves, could give important clues to those watching us? If you can, then so can the bad guys.

It is our responsibility to protect information about what we do and how we do it as though our lives depended on it.

Cell phones and unclassified e-mail should never be used to discuss sensitive information.

Use secure phones and email, shred documents, be careful of your surroundings and never forget that we are a nation at war with an enemy constantly looking for an opportunity to inflict harm.

Let's not make it easy for them.

Remember, OPSEC is everyone's responsibility.

Air Power



Crews begin lifting the first of two wind turbines into place July 9. They are scheduled to be commissioned Monday.

New turbines turn up juice for less at Warren

**90th Space Wing
Public Affairs**

One of two new wind energy turbines at Warren is up and scheduled to be tested Monday. Once operational, it will save the Air Force energy and money.

Crews erected the structure July 9 on the wind farm near the northern perimeter of the base.

The \$2.2 million turbines, which can produce enough energy to power 522 homes, are part of a joint effort between the base and Air Force Space Command to help Warren comply with an executive order to use renewable energy sources while helping the base meet its annual energy goals.

The base can expect to save about \$231,210 per year in energy costs.



Photos by Tech. Sgt. Steve Goetsch

A crane operator lowers the turbine into its final position.

Busted What did they think they could get away with this time?

During the month of June, seven Article 15 actions were processed here. Of the seven Article 15 actions processed, two were alcohol related. The following is a breakdown of the UCMJ articles violated and the punishments received:

Alcohol Related Incidents:

An airman first class violated Articles 86 and 112 of the UCMJ by failing to go to his appointed place of duty at the time prescribed and for being drunk on duty. He received a suspended reduction to airman, 45

days extra duty and a forfeiture of \$692.

An airman violated Article 92 of the UCMJ by drinking alcohol within 8 hours of reporting for duty and for drinking alcohol while under the legal drinking age of 21 years. He received a reduction to airman basic and 14 days extra duty.

All others:

A staff sergeant violated Articles 91 and 92 of the UCMJ by disobeying an NCO and approving her own

leave. She received a reduction to senior airman and a forfeiture of \$978.

An airman first class violated Article 86 of the UCMJ by failing to go to a mandatory appointment. He received a reduction to airman and 14 days extra duty.

An airman first class violated Article 134 of the UCMJ by failing to pay his debts and writing checks on a bank account with insufficient funds. He received a reduction to airman basic.

An airman first class violated Articles 92 and 108 of the UCMJ by using a government owned vehicle to play a game of hide-and-seek and for causing damage to the government owned vehicle. He received a suspended reduction to airman, forfeiture of \$323, and 14 days extra duty.

A senior airman violated Article 128 of the UCMJ by assaulting a family member. He received a reduction to airman first class, suspended forfeiture of \$382 and 14 days extra duty.

Briefs

Commanders Call

There will be a commanders call for all 90th Space Wing personnel Wednesday at 10 a.m. and Thursday at 2 p.m. Maximum participation is expected.

Off limits

Building 232 is off limits and under construction. For safety, read and obey all posted signs. The project poses potential harm to those who enter without an escort and without making arrangements. Former occupants are now located in the following buildings: Pass and registration is located in building 290, the legal office is located in building 242. The mission support group and mission support squadron are in building 1284. Mission support squadron testing is in building 841. For more information, contact Mr. Clark Varnum, at 773-3271.

SNCO Induction ceremony

Promotion to Master Sergeant is a significant milestone in an enlisted member's career. Induction into the Top 3 signifies that the NCO has proven himself or herself capable of carrying the banner of the enlisted force. The Senior NCO Induction Ceremony is scheduled to be held in the Trails End main ballroom July 21 at 6:30 p.m. Social hour begins at 6 p.m. Chief Master Sergeant (retired) Mary Dixon will speak at this year's ceremony. Come out and enjoy this military event.

For tickets or more information, contact Master Sgt. Ferrel at 773-3474.

Meet your new OG commander

Lt. Col. Fortney takes over Ops

Hometown?

Born in Texas, but raised in Ohio. Great place, Ohio; home of the Buckeyes after all.

Any career highlights?

OG CC at the 90th! But I must admit launching missiles at the 576th was great for a missileer!

Tell me about your family.

I married Karen in 1981. We have one child, Andy; a college graduate, living and working in LA (Lower Alabama) as an information technology specialist.

What characteristics do you value in your troops?

Two things: integrity and a good old-fashioned strong work ethic. To me, integrity is the core value the others rest on, and hard work? Well that speaks for itself.

So the answer to the question 'what would get someone on your bad side' would be 'a lack of integ-

rity?"

I tell you what, I have a hard time with folks who are dishonest and lazy as well as those who don't understand the importance of the mission and don't give their all.

Why did you decide to join the Air Force?

I couldn't tell you why I joined – I joined as a teen – but I do know why I stayed. I've learned to respect and appreciate the USAF as an institution, the way it takes care of its people and the mission. No other service treats its people like the USAF, and serving in the USAF gives me the opportunity to be a part of something bigger than myself. I didn't have an appreciation for that when I enlisted.

Name some defining moments in your career.

My crew assignment at Minot. We spent six winters there, and what I learned on crew gave me skills that have helped me for the past 18 years.

What do you hope to accomplish here?

Crew duty is hard. It's



Photo by Senior Airman Toni Boyd

pressure packed, and it's more than alerts. It's staying razor-sharp all the time. Crew members are constantly tested, evaluated, trained, sent on alert, brought back, evaluated again – it's a rigorous job.

I hope to help folks understand the criticality of the job they do. When we go on alert, we're not signing for custody of simple re-entry systems; we're operating the most powerful weapons on the planet.

Hobbies?

I like to golf, though I'm not very good at it.

I also like to run.

Favorite movie?

"The Godfather" and "The Godfather II." Both are great.

Favorite TV show?

"Seinfeld" reruns and "The Late Show With David Letterman."

Favorite dish?

A tender steak you don't have to work to eat.

Get your EMBA, MSM now

90th Space Wing Education office

The Warren Education and Training Center introduces two new educational opportunities available for the fall semester.

The University Of Wyoming College of Business will offer an Executive Master of Business Administration degree Aug. 29. Courses for this 30 semester-hour program will be delivered at the base education center on

evenings and weekends.

Transferring to the online format could also be an option for some students whose duties prevent traditional classroom participation. This degree is fully accredited by the Association for Advance Collegiate Schools of Business and the University of Wyoming is accredited by the North Central Association of Colleges and Schools.

Also, Embry-Riddle Aeronautical University

adds a Master of Science in Management degree to its current offerings.

The MSM degree, a 36-hour program, will also be offered through evening and weekend classes with nine-week terms at the Education Center.

ERAU is accredited by the Southern Association of Colleges and Schools and celebrates their tenth anniversary at Warren this year.

The staff at the Warren

Education and Training Center hope that these new programs will improve the base's ability to meet the educational needs of the Warren community.

There are a growing number of alternatives offered through external degree programs in the local area and throughout the country. For more information about these or any other education-related topics, call education and training at 773-2117.



Construction Corner

Road closures All lands on Warren located north of Central Avenue that do not have paved road access, except the horse stables and the Gravel Road Training Course are closed to all personnel due to the clearing of explosive materials.

This closure is for the safety of all personnel. If you require access to any gravel road or any other location in this area,

call the contractor at 214-7503, 634-5036, (615) 618-5269 or the Environmental Flight at 773-4147.

10th Cavalry/finance access Due to heavy rainfall the opening date for the entrance of the finance office will be extended until July 30 to allow all of the water to dry up and to complete the concrete valley pan repair. For more information, call Master Sgt. Nick Lumbraz at 773-2049.

SHE'S BACK!

Zelda Gavins, Trail's End barber, trims the hair of 2nd Lt. Kenneth Moerscher, 319th Missile Squadron, at the barber shop in the Trail's End Club. Ms. Gavins, a former barber at the base exchange, opened a barbershop at the Trail's End Club June 15. Zee's Barber Shop is open from Tuesday through Friday from 8 a.m. to 4 p.m. (Monday through Friday beginning Sept. 1.) Walk-ins are welcome, or an appointment can be made by calling 635-5378. Prices are identical to the BX, with \$1 off for club members.



Photo by Senior Airman Toni Boyd

Ready to Ride

Staff Sgt. Mark Jenkins
90th Space Wing Safety Office

We are well into the summer and people are riding bicycles on Warren. Not only is this mode of transportation a phenomenal way to get from points A to B, it also serves as a great way to stay in shape. As with other vehicles, there are safety measures to keep riders safe.

Wearing a bicycle helmet has been shown to reduce serious head injuries by 85 percent. Thirty-nine percent of all deaths from cycling injuries happen to children under

the age of 15. Helmets protect your head from serious head injuries because even at low speeds, a fall on a bicycle path can cause serious damage. Every one who rides bicycles on Warren must wear an approved bicycle helmet.

When purchasing a bicycle helmet, there are guidelines to keep in mind. Buy a helmet that has been tested and meets the uniform safety standard issued by the U.S. Consumer Product Safety Commission. Ensure that the CPSC sticker is on the helmet.

Select a brand and size that fits well. Adjustable sizing pads are often included to help ensure a

better fit. You'll be more likely to wear one that's comfortable and attractive. Purchase a helmet that fits your child now, not a helmet to grow into. Replace any helmet that has been involved in a crash.

It's a good idea to use protective equipment for recreational activities such as rollerblading, skateboarding and other activities present a fall or impact hazard. Here are some guidelines:

- Always wear a helmet—it's the law
- Wear elbow and knee pads
- Wear wrist guards
- Wear gloves
- Wear bright-colored clothes
- Stay alert. Watch for potholes, dogs, water, rocks and people
- Look both ways before crossing alleys and driveways
- Children younger than five

years of age should not use roller blades. Their center of gravity is higher, their neuromuscular system is not fully developed, their judgment is poor, and they are not sufficiently able to protect themselves from injury.

Always ride during daylight hours.

If there is a need to ride at night, remember these rules:

- Ride with reflectors that meet CSPC requirements
- Add bright lights to the front and rear of your bike
- Wear retro-reflective clothing and/or material
- Only ride in areas familiar to you.

Get out, have fun and ride this summer, but always put safety first.

Make your move:

TRICARE Moves with You

TriWest Healthcare Alliance

TRICARE makes changing doctors and regions easy for the entire family, even for TRICARE-eligible students leaving home for college.

The TRICARE benefit is the same no matter where a beneficiary lives or travels within the Prime service area.

When families transfer, travel or send a child off to college, TRICARE benefits are always available with no gaps in coverage.

This feature, called "portability," eases the transfer for military families who are

moving within the TRICARE West Region, administered by TriWest Healthcare Alliance, or to another TRICARE region.

Those moving outside their current TRICARE region should remain enrolled in that region until they arrive at their destination.

Upon arrival at the new duty station, all they need to do is contact the local TRICARE Service Center to enroll in the new region and select a new primary care manager.

Regional TRICARE contractors will coordinate the transfer, so enrollment will be effective as soon as

the new contractor receives the application. If TRICARE Prime is not available at the new location, beneficiaries may disenroll before moving and utilize the TRICARE Standard option.

When they return to a Prime service area, they may re-enroll in Prime at any time.

Prime portability is more limited for retirees than for active duty family members.

Retirees and their eligible family members pay TRICARE Prime enrollment fees and may transfer their enrollment from one TRICARE region to another without paying additional

enrollment fees.

Although retired service members and their eligible family members are allowed unlimited moves within their own TRICARE region, they are limited to two moves between regions per year—as long as the second move brings them back to their original TRICARE region.

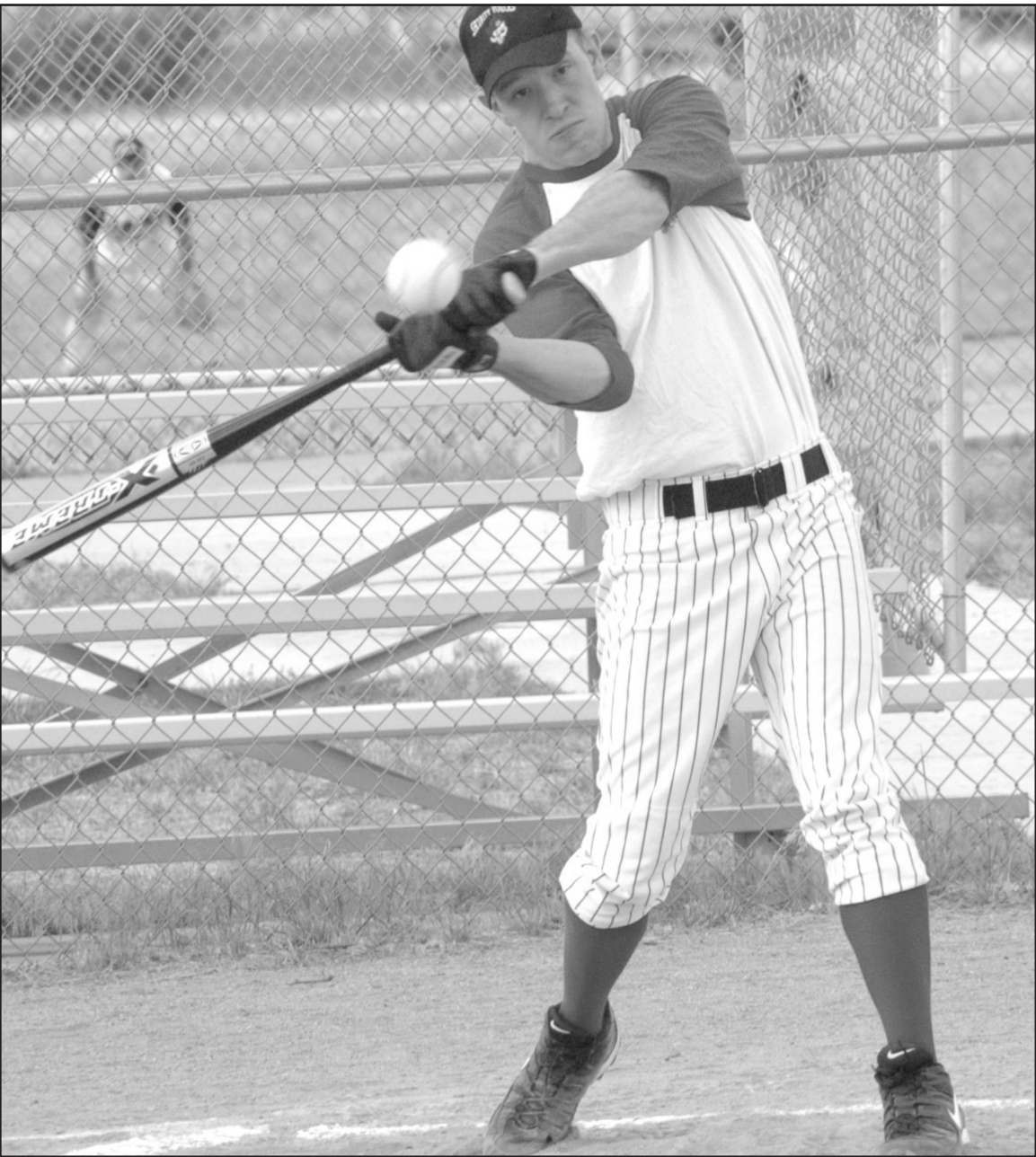
When a TRICARE-eligible son or daughter leaves home to attend college as a full-time student, TRICARE Prime's "split enrollment" feature will enable students to stay enrolled in Prime.

Split enrollment allows TRICARE Prime non-active

duty families to live and enroll in different Prime service areas or TRICARE regions and to pay only one family fee per enrollment period.

For college students to take advantage of TRICARE Prime split enrollment, they must be enrolled in DEERS, under the age of 23, enrolled full-time in a program of higher learning as approved by the Secretary of Defense, the Department of Education or a state agency, and be at least 50 percent financially dependent on a TRICARE-eligible sponsor.

For more information, check out www.triwest.com.



Airman First Class Cole Magin, 90th Missile Security Forces Squadron, takes his cut as the 90th MSFS took on the 319/320 Missile squadron team Monday.



Left: Senior Airman Bradley Atkinson, 90th Missile Security Forces Squadron, throws into home plate to try to cut off the base runner. Below: Second Lt. Drew Downey, 320th Missile Squadron prepares to field a ground ball during Mondays game.



Photos by Tech. Sgt. Steve Goetsch

Play ball

AMERICAN

Team	Wins	Losses
20 AF	6	1
90 SFS	6	1
790 A	6	2
SSPTS	6	2
90 OG	4	3
MSFS 1	2	3
SFG	3	5
MSFS 3	1	7
MSFS 5	0	6
319/320	0	4
Total	34	34

NATIONAL

Team	W	L
LRS	9	1
CES A	8	1
MSFS 6	7	2
MDG	7	3
MMXS	5	4
MSFS 2	5	5
153CACS	5	6
COMM	3	6
790 B	2	4
321/400	3	8
CES B	2	8
MSFS 4	1	9
Total	57	57

Intramural softball statistics are current as of July 12



Photo by Airman 1st Class Joel Mease

ONE OBSTACLE AT A TIME

SHAW AIR FORCE BASE, S.C. -- Second Lt. Joshua Meister crawls through a tunnel on a new obstacle course at Shaw AFB, S.C. July 5. The course was developed by the 28th Operational Weather Squadron to promote fitness and fun in a safe team atmosphere. More than 500 hours and \$6,000 were spent on the self-help project.

Airman fights way back to Iraq after injury

**Senior Airman
Shaun Emery**
*332nd Air Expeditionary
Wing Public Affairs*

Although a rocket attack cut his time short on his first deployment, an Airman with the 64th Helicopter Maintenance Unit pledged to himself that he would endure whatever pain was necessary to get back in the fight.

Following a year-and-a-half recovery from serious injuries to his hand which could have ended his Air Force career, Senior Airman Douglas Batchelder, an armament systems journeyman, is back in Iraq.

In November of 2003, he arrived at Baghdad International Airport to begin his first deployment. After a couple hours of inprocessing and a welcomed nap, Airman Batchelder reported for duty. His four hours on station would be all he would see of his rotation. "My commander had given me a handful of keys, and I

stuck them in my pocket," said Airman Batchelder, recalling the day's events. "When I took them out of my pocket, some fell to the ground."

The events that followed still linger in Airman Batchelder's mind. Just as he bent over to pick up the fallen keys, a 122-mm rocket tore through his tent, skipped off his back, hit the ground and exploded.

"I blinked as the rocket exploded, so all I remember is a bright flash though my eyelids," Airman Batchelder said.

The concussion ruptured his eardrums. He described the feeling as being enveloped in "silent chaos."

Pieces of debris were flying everywhere and fire engulfed his tent.

Airman Batchelder suffered numerous injuries from shrapnel, the most serious to his right hand. Pararescuemen on site quickly provided aid and he was whisked away to the hospital. Air-



Photo by Senior Airman Tim Beckham

Senior Airman Douglas Batchelder times the ammunition feeder on an HH-60G Pave Hawk helicopter machine gun. In 2003, Airman Batchelder suffered injuries from flying shrapnel from a rocket that exploded in his tent in Baghdad.

man Batchelder received his first surgery in Baghdad. He was brought to Landstuhl Regional Medical Center, Germany, where he received his second surgery.

"The therapy was difficult, but I stayed positive because

I wanted a chance to get back to the desert to do my job."

Airman Batchelder has had five surgeries on his hand which has 17 screws, metal plates and pins holding it together.

Airman Batchelder said he is excited to be back in Iraq contributing to the Air Force mission.

"I know my loved ones back home are concerned for me, but this was something I really wanted to do," he said.

Warren cop: frontline of base

Name: Airman 1st Class Suesan Sands
Squadron and job title: 90th Security Forces Squadron installation entry controller
Age: 23
Hometown: Orlando, Fla.
Time in service: One year, three months
Time at Warren: Five months
Favorite author: Stephen King
Favorite meal: At home Bohemian food
Life's motto: Take care of your body because your heart

Tell me about your job.

We're the front lines of the base. We're the ones who let people in. I see our job as being very important. No one can get on unless we let them. The shift is eight hours, four days a week. We work the gates, the Visitor's Control Center and the search pit at Gate 2.

What's your favorite part?

We are the first and last people they (the base populous and visitors) see. We see the most important people who come on base. The hours work out great, too.

Have you ever been on duty when there was a security concern?

We had a situation once when someone left a suitcase under the bridge near Gate 2. It turned out to not be serious. I haven't experienced anything extreme, but I'm prepared.

Why did you enlist?

I enlisted for many reasons. One was that I wanted to get out of Florida. It can be very addicting. You can live and die in Florida and



Airman 1st Class Suesan Sands checks ID's at Warren's front gate.

Photo by Airman 1st Class Lauren Sixbey

not realize it. I got tired of what I was doing. I wanted to see more.

[September 11] really did it for me. I don't have any family up north, but I have friends who do. I enlisted for six years instead of four. I didn't have to. I didn't get any extra bonus or anything. I also

wanted to find out who I really am.

What were you doing before you enlisted?

I was about to get an associate degree in criminal justice.

I was working as a cheer coach for the Universal Cheerleading Association. When I wasn't doing

that, I was working as a mortgage processor and doing administrative work at [an] Outback restaurant.

What are your career aspirations?

I am willing to go [wherever the Air Force] plans on taking me.

As far as retiring or going any further than six years, that's still undecided.

What are your life's aspirations?

Since elementary school I've wanted to be a forensic pathologist. That's definitely my future goal.

Family?

We're from the Bahamas. I'm the youngest of seven (three boys and four girls).

My last sibling and I were born in Florida.

My dad felt there were more opportunities for us here.

There are a lot of things we can do here that we can't in the Bahamas.

What is your mantra?

The only person who's going to make you successful is yourself. I try to put faith and trust in myself and go from there.

If you were wing commander for a day, what would you do?

I'd find a way of making it a day where everyone could appreciate what they do.

What's your dream assignment? Aviano AFB, Italy, or Hickam AFB, Hawaii.

What do you do when you're not working?

When I'm not on duty I like to work out.

I was a jock in high school.

My two sports were wrestling and weightlifting.



Five-person paintball tournaments

Get a team together and enter the five-person paintball tournaments hosted by outdoor recreation with prize packages sponsored by Jax Outdoor Gear and On-Site Automotive (no federal endorsement of sponsors intended).

Tournaments are scheduled for Aug. 6 and Sept. 3. Enter at outdoor recreation, which is open 11 a.m. to 5 p.m., Mondays, Tuesdays, Thursdays and Fridays. Entry fees are \$15 per person.

This includes unlimited CO2, 200 paintballs, safety equipment and marker if needed.

Official tournament rules apply. No outside paint; paint is available for sale on site.

Prizes and awards for first, second and third place teams in the Saturday tournament are:

First place: trophies, PMI paintball pants, jerseys, glove sets and coupons for

20 ounce CO2 fills.

Second place: trophies, six-plus-one packs with tubes and coupons for 20 ounce CO2 fills.

Third place: trophies, \$15 Jax gift certificates and coupons for 20-ounce CO2 fills.

For more information call 773-2988.

Fishing boats ready for rental

Outdoor recreation has 14 foot boats with 15 horse power motors ready for rental.

A rental requires a 1 7/8 inch ball, a flat four-electrical connection for the lights and a completed boaters safety course.

Renters are also recommended to check to ensure their vehicle insurance covers rented towed vehicles. Reservations for boats can be made up to 30 days in advance by calling ODR and guaranteeing with a Visa or MasterCard. For more information, call ODR at 773-2988.

Family Day at Chadwell Dining Facility

Every Sunday is Family Day at Chadwell Dining Facility.

All active duty members may bring their family members with military ID cards to dine at Chadwell, noon to 1 p.m. Family members of the deployed are also welcome.

Family members of E-1 to E-4 active duty are welcome to accompany their sponsor during all Chadwell Dining Facility meal times.

Car wash special

Tired of messing around with quarters when that car of yours needs to be washed?

Call or stop by the auto skills center and purchase a pre-programmed wash card.

For more information, call the auto skills center at 773-3869.

Xtreme Bowling

Come to Warren Lanes

on Friday and Saturday nights and participate in Xtreme Bowling.

Xtreme Bowling includes music, laser lights, smoke machines, glow-in-the-dark shoes, pins and balls.

The cost is \$7.50 per lane/per hour. Bowl 9:30 to 11 p.m. Fridays, and 7 to 11 p.m. Saturdays.

Give Parents a Break program

Give Parents a Break is a free childcare program for active-duty members with children ages 6 weeks to 11 years who are under unique stress.

The program is available monthly on the first Saturday, 8 a.m. to noon and third Friday, 5:30 to 9:30 p.m.

For more information or to request a referall for the Give Parents a Break program, contact your squadron commanders, first sergeants, chaplains, medical professionals, family advocacy, family support center or the child development center.

Auto skills stalls

The auto skills center now offers reservations for a patron-use stall.

The stall can be reserved one business day prior at the standard rate of \$3 per hour.

One stall will be available for reservations, and will not include a lift.

Reserved stalls will be held until five minutes after the reserved time then released to waiting patrons.

For more information, contact 773-3869.

Discover archery

Kids ages 8 to 17 and adults are invited to participate in the free Discovery Archery program July 11 to 15. Kids classes are 8 a.m. to noon.

Kids will learn proper shooting techniques, scoring and archery range rules.

Adult classes are 1:30 to 4:30 p.m. Adults will become Level 1-certified instructors. Sign up at the Youth Center by Wednesday.

6 by 6

PAINTBALL TOURNAMENTS



F.E. Warren AFB
SERVICES
Combat Support & Community Service

Five man team format! Entry deadline is the Tuesday prior!
Trophies and prizes for five team members, 1st, 2nd & 3rd place.

August 6

- 1st Place** - Five cases RPS premium paint & Jax coupons for 20 oz. Co2 fills
2nd Place - Five, 6+1 packs with tubes & Jax coupons for 20 oz. Co2 fills
3rd Place - Five Jax \$15 gift certificates & Jax coupons for 20 oz. Co2 fills

September 3

- 1st Place** - Five Paintball guns & Jax coupons for 20 oz. Co2 fills
2nd Place - Five, 6+1 packs with tubes & Jax coupons for 20 oz. Co2 fills
3rd Place - Five \$15 gift certificates & Jax coupons for 20 oz. Co2 fills

Entry Fee \$15 per person. Entry deadline is the Tuesday prior to tournament date - Aug. 2 & Aug. 30.

This includes unlimited CO2, 200 paintballs, safety equipment, and marker if needed. Official tournament rules apply.

No outside paint, paint available for sale at site.



**On Site
Automotive
421-9581**

Open Play Paintball is every Thursday, 6 - 8:30 p.m.

Call Outdoor Recreation, 773-2988

No federal endorsement of sponsors intended

PRP**It's everyone's responsibility**

Question: When are individuals required to consult with a competent medical authority concerning FDA approved over-the-counter medications and commercially available substances, to include herbal and nutritional supplements?

Answer: When individuals are within 12 hours of reporting for PRP duties and will be using the product for the very first time.

- When individuals have questions about a products use or potential side effects.

- When individuals have experienced an adverse reaction, that may affect the members ability to perform their duties. Look for a general knowledge question every week from the 90th Mission Support Squadron base PRP office.

For more information, call 773-3490.

EagleEyes**WATCH.REPORT.PROTECT.****U.S. AIR FORCE**

If you have knowledge of suspicious activity or persons who may pose an immediate threat, inform the law enforcement agency in your community as soon as possible.
AFOSI Detachment 805
5605 Randall Avenue,
Building 246
Duty hours 7:30 a.m. to 4:30 p.m.
Commercial Phone: 773-1852
or contact the law enforcement desk at 773-3501.